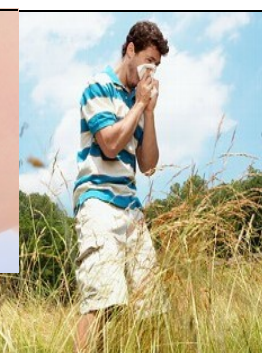




Tulare County Employee Wellness Program

Asthma & Allergies



MAY 2014 EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Walking Works! Challenge: May 5th—9th</i> Click on the link below to log your steps daily: https://www.surveymonkey.com/s/WalkingWorksSteps			1	2
5 	6  	7  	8  	9  
12	13	14 <div> <u>Webinar:</u> “Breathe Well, Be Well” Delta Team Care </div>	15	16
19	20	21	22	23
26	27	28 <div> <u>Health Video:</u> “Seasonal Allergies” Kaiser Permanente </div>	29	30

Walking Works! Challenge

May 5th—9th



Welcome to the third annual Walking Works! Challenge!

- All employees are eligible to participate!
- This is a friendly competition between Departments, the County of Tulare and County of Fresno.
- The Challenge has two categories of competition:
 1. The highest # of average steps walked
 2. The highest # of *participation*
- It's easy and fun!
- Wear your pedometer all day.
- Remember to stay hydrated and drink plenty of water!



The first 750 employees who walk and log their steps online will receive a **FREE water bottle and bag** donated by Anthem Blue Cross and all will be entered in a raffle for a chance to win one of the following prizes:

1. (1) Mountain Bike
2. (8) FitBits
3. (2) Gym Bags w/ misc. items
4. (2) \$50 Dick's Sporting Goods Gift Cards
5. (1) Electric Toothbrush and Floss Kit
6. (2) Pairs Sunglasses
7. (2) \$50 Sports Chalet Gift Cards



Click on the link below to record your steps daily:

➔ <https://www.surveymonkey.com/s/WalkingWorksSteps>

Webinar: "Breathe Well, Be Well"

If you are like many others who suffer from asthma, join this webinar and learn ways to manage your asthma and still be physically active!

Date: **May 14, 2014** Time: **12:00-12:30 PM**

Early registration is recommended.

To register, click on the link below:

<https://www4.gotomeeting.com/register/574918719>

After registering you will receive a confirmation email containing information about joining the Webinar.



Health Video: "Seasonal Allergies"

Is it allergies or is it a cold? The symptoms are often the same, but how you treat them is different. If someone in your family suffers from a runny nose, cough, or congestion that persists, they may have allergies. Join Dr Andrew Hope to learn how to prevent and treat allergies from managing common symptoms to knowing when to get tested.

Date: **May 28, 2014**

Video is available for viewing between 8AM-5PM

Click on the link to watch video: [Seasonal Allergies](#)

